



ABSTRAK

Diare merupakan penyebab kedua kematian pada anak-anak di bawah lima tahun. Menurut *World Health Organization* (WHO) pada tahun 2013, setiap tahun terjadi 760.000 kematian anak di dunia karena diare. Selama episode diare, air dan elektrolit (natrium, klorida, dan kalium) hilang melalui tinja cair, keringat, urin, dan pernapasan. Ancaman paling parah yang ditimbulkan oleh diare adalah dehidrasi. Kematian dapat mengikuti dehidrasi berat jika cairan dan elektrolit tidak diganti baik melalui larutan *Oral Rehydration Salts* (ORS) atau melalui infus. Penelitian ini bertujuan untuk mengetahui gambaran kadar ion natrium, kalium, dan klorida serum pada balita yang menderita diare. Penelitian ini merupakan suatu studi deskriptif. Sampel yang digunakan adalah seluruh balita yang menderita diare dan melakukan pemeriksaan elektrolit serum. Data diperoleh dari hasil pemeriksaan elektrolit serum di RSUD Dr. Harjono S. Ponorogo pada bulan Juni tahun 2015 sampai bulan Mei tahun 2016. Data yang telah dikumpulkan diolah dengan grafik batang dan diagram sehingga dapat menghasilkan gambaran kadar elektrolit serum. Dari 34 sampel yang dianalisis, dijumpai gangguan elektrolit yang terjadi yaitu 74% hiponatremia, 68% hipokalemia, 18% hipokloremia, dan 50% hiperkloremia. Gambaran kadar ion natrium, kalium, dan klorida serum pada balita yang menderita diare pada penelitian ini adalah hiponatremia, hipokalemia, dan hiperkloremia.

Kata Kunci : *Diare, Natrium, Kalium, Klorida*



ABSTRACT

Diarrhea is the second leading cause of death in children under five years old. According to World Health Organization (WHO) in 2013, each year occurs 760.000 children's deaths because of diarrhea around the world. During diarrhea, fluid and electrolytes (sodium, potassium, and chloride) loss through watery stool, sweating, urine, and breathing. The most severe threat caused by diarrhea is dehydration. Death can follow severe dehydration if body fluid and electrolytes are not replenished either through the use of Oral Rehydration Salts (ORS) solution or an intravenous drip. This research aims to know description of serum sodium, potassium, and chloride ions levels in children under five who were suffering from diarrhea. This research is a descriptive study. Used samples were all children under five who were suffering from diarrhea and taking serum electrolytes examination. Data was obtained from the results of serum electrolytes examination in RSUD Dr. Harjono S. Ponorogo in June 2015 till May 2016. Collected data were processed with bar graphs and charts that can produce a description of serum electrolytes levels. From 34 analyzed samples, it was found electrolyte disorders that occurs are 74% of hyponatremia, 68% of hypokalemia, 18% of hypochloremia, and 50% of hyperchloremia. The description of serum sodium, potassium, and chloride ions levels in children under five who were suffering from diarrhea in this research is hyponatremia, hypokalemia, and hyperchloremia.

Keywords : *Diarrhea, Sodium, Potassium, Chloride*